

# Reduce Stigma Against Mental Illness Assessment

## Behavioral Health Initiative



NORTHWEST  
COMMUNITY  
HEALTH  
INNOVATION  
REGION

NORTHWEST MICHIGAN  
**Behavioral  
Health  
Initiative**



The Reduce Stigma Against Mental Illness Action Team developed and distributed a survey to measure public stigma against mental illness in the 10-county region; Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Wexford Counties. Upon completion of the survey, people were directed to informational resources and services for mental health.

### Experience with Mental Illness & Stigma



**6 in 10**

Have or know someone who has felt unsafe telling others about a mental illness



**7 in 10**

Have or know someone who has experienced discrimination against mental illness



**7 in 10**

Feel frustrated because I don't know how to help people experiencing mental illness



**9 in 10**

Think stigma is an obstacle to seeking treatment for a mental illness

### Top 4 causes of Mental Illness

According to the CDC, there is no single cause of mental illness. In fact, many things can increase your risk of developing a mental illness such as early adverse life experiences, biological factors or chemical imbalances in the brain, use of alcohol or drugs, or isolation. In the Mental Illness Assessment, we asked respondents what they thought caused mental illness and their top 4 responses are below.



### Where does discrimination occur?

The workplace and healthcare were ranked as the top places where individuals experienced discrimination for mental illness. 75% of respondents knew someone who has disclosed mental illness to a co-workers, supervisor, or teacher. 54% stated the individual felt uncomfortable disclosing this information. Although 55% of disclosures turned out to be a positive experience.

63.7% Workplace

44.3% Healthcare

36.3% Housing

30.9% Law Enforcement

**72% of respondents stated that they would like to learn more about mental illness.**

The Reduce Stigma Against Mental Health Action Team is working to develop educational materials and provide trainings. Learn more at <https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/stigma-mental-illness/>

**#STOPSTIGMA**